

CROSSFIT MAYVIEW



INFORMATION SHEET

As **CrossFit Mayview** continues to grow and attract new Members, we thought it would be a good idea to go over all of the various great things we have going on here:

1. **Posting of WOD.** The WOD (Workout of the Day) is posted nightly on our website. If you feel brave enough, you can check it out ahead of time. Go to www.CrossFitMayview.com.
2. **Join us on Facebook ("CrossFit Mayview").** We post a ton of information including videos on various CrossFit movements, the daily WOD, various events and other fitness news.
3. **Follow us on Twitter.** Go to @CrossFitMayview.
4. **Use "Beyond the Whiteboard".** Post your CrossFit workout results, monitor your progress and see CrossFit Mayview's schedule of workouts a week at a time. It's free! Go to www.beyondthewhiteboard.com, click "member sign up" and click the "monthly" tab to register. We pay for it! So pay the \$5 initial fee and it will then be refunded to you shortly thereafter. Use it every day!
5. **Contact Us.** For all your billing, scheduling and other questions please see Ron, Matt, Christian or Lauren. You can also email Ron at Ron@CrossFitMayview.com or call/text him at 412-722-2552.
6. **Register for Class.** You can register for any class on-line via the "MindBody" software we use. Visit our website at www.CrossFitMayview.com and click on "Schedule" to register for MindBody (it's free!). Once registered, you can then sign-up on-line for any class before-hand. Contact Ron or Lauren if you have any questions.
7. **Nourishment.** We offer free fruit, bars and coffee to our members. Please help yourself by the kiosk by the Message Board.

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8. **Purchase Stuff.** We have water, CorePower, Kill Cliff, and other drinks for sale. You may pay cash or charge these products to your account. A binder is located on the desk for you to record the drinks you have purchased; apparel can also be purchased and noted in this binder. If you pay cash please give it to a staff member.
9. **Workout Questions.** If you ever have any questions or concerns during the workout, please never hesitate to ask a coach, that's what we are here for! We want to avoid injury at all costs and keep our members coming back for more. If there is ever a movement that you cannot perform, please let a coach know so they can provide you with a proper modification.
10. **Meet Each Other.** Introduce yourself to others in the class. Members who you may not know will encourage you during workouts and you will probably do the same for others.
11. **Pre-Class Warmup.** If you arrive before your class, feel free to warm-up in the green turf area (assuming the ongoing class is not using it). Bands, rollers and PVC pipes are located there for your stretching pleasure. Or sit in the lounge area or above in the mezzanine and enjoy our WiFi. See a staff member for the access code.
12. **Cubbies.** Use the "cubbies" for storage of your valuables, bags, shoes, accessories and other personal items. Coats can be hung on our coat rack to the right of this area.
13. **Extra Shoes.** Bring an extra pair of shoes to change into so we can continue to keep our facility as the cleanest CrossFit Box in Pittsburgh! You can leave them overnight in the "cubbies" if you desire.
14. **Tell Us Things.** Bring things to our attention. If you notice that equipment needs repaired, lights are out, there is no toilet paper or we are out of your favorite drink, bring it to our attention so we can do something about it.
15. **Try Hard.** Effort earns respect. Be optimistic, have fun and push yourself and those around you to do better. Brag to your family and friends. You're getting in the best shape of your life. You're having fun. You're doing things you never thought possible. Be proud of this.
16. **Show Up.** Get your Butt in Here! A workout maybe tough before and during, but no one ever feels bad after they workout!!! The hardest part is coming in and getting started, so just do it.

YOU MAKE THIS PLACE. THANKS FOR BEING A MEMBER!